

MEANS HEALTH, TOO

RHUBARB SOMETHING MORE THAN A DELICACY.

Eaten Stewed, It is a Powerful Foe to Gout and Rheumatism—Is Also a Specific for the Complexion.

Rhubarb has many uses not only for the table, but for medicinal purposes. The part used the most is the foot stalk of the leaves. The roots take up many acids and are astringent, hence the value of the dried roots as a medicine.

There is some soda in the rhubarb also, and a little potash. The combination of these alkalies with the acids produce useful salts which have vitalizing power in the blood. The dearth of sugar in the cellular tissue of the stalk is responsible for the strong effect. Yet sugar is present to the extent of two per cent.

Rhubarb is a powerful zest giver. When merely placed in the mouth and left unmasticated there is a rush of the saliva from the glands to deal with the quantity of acid in the mouth. This is excellent in cases where the digestive fluids need stimulation. Any food taken will be absorbed through the pouring out of the digestive fluids.

Though a vegetable, rhubarb is used in every respect as a fruit. Eaten stewed, so that the acids are tart in it, the stalk acts as a foe to gout and rheumatism, for it neutralizes the uric acid that causes these things. It is also a specific for the complexion. Its acids fight valiantly with the noxious humors and gases in the body that otherwise would find outlet in the shape of rough and pimply skin.

Here are a few recipes for rhubarb dishes:

To Prepare Rhubarb for Children.

Wash, dry and cut the rhubarb stalks into pieces about two inches long. Put them into a stone jar with a little water, add as much sugar as deemed necessary. Set the jar in the oven, or in a pan of water till the contents are perfectly done.

Spread a portion on plain dumplings or boiled rice, or on slices of bread. Rhubarb thus prepared will remain good for two or three weeks.

Rhubarb and Fig Jam.

Wash, dry and cut into small pieces 12 pounds of rhubarb and four pounds of good figs. Put them into a large basin, add two cups of water, 12 pounds of sugar and two heaping tablespoonfuls of ground ginger. Allow them to remain in a cool place for 12 hours.

The next day boil quickly for three-quarters of an hour, and cover at once.

Rhubarb Charlotte.

Soak 1½ ounces of gelatine in half a pint of water for ten minutes, dissolve gently and strain.

Stew three-quarters of a pound of cut rhubarb with four ounces of sugar, one pint of water, the grated rind and juice of one lemon. Add the gelatine and two well beaten whites of eggs.

Pour into a mold lined with lady fingers. When firm turn out quickly and carefully into a cold dish.

Serve with a custard made of the yolks of the eggs, two heaping tablespoonfuls of sugar, half a pint of milk and a few drops of vanilla.

Rhubarb Mold.

Wash and cut into small pieces enough young rhubarb to fill a quart measure. Put into an enameled pan with 1½ pounds of sugar, the grated rind and strained juice of one lemon, 12 almonds blanched and chopped finely.

Boil quickly till they look like a rich marmalade, then add half an ounce of gelatine dissolved in two tablespoonfuls of boiling water.

Pour into a mold wetted with cold water. Set aside till firm. Turn out and serve with cream.

THE GREAT MAN'S OCCUPATION.

Nothing Very Serious in His Mine Just at That Moment.

The multi-millionaire was being shaved. As he lay back in his chair, looking upward, his grave face gave the impression that he was in deep study.

"Ah," whispered one of the barber shop loiterers. "I'll wager a dollar against a toothpick that he is thinking of railroad mergers."

"No," said another, "he is thinking about bear raids in Wall street."

"Bet he is pondering over the rebate system," echoed a third.

"I'll ask him."

Walking over to the chair, he said politely:

"Beg your pardon, sir, but to settle an argument, would you kindly tell us what mighty question you are studying over?"

The multi-millionaire turned his lathered face around and smiled. "I was just studying two flies doing handstands on the ceiling," he chuckled, and the trio of guessers looked so sheepish they failed to hear "Next" when it was called to them.

HOW HE SHOT THEM.

Made Little Difference to Sportsman Where His Birds Were Hit.

"Down in Florida, where I spend the greater part of the winter," said the sunburned New Yorker, "they are not so particular about observing the game laws and the little niceties of hunting as we are up north. I had frequently seen water fowl shot without giving them a chance to rise. Coming up to Jacksonville a big German got on the train at Port Orange with a nice string of duck. He sat next me in the smoker and I struck up a conversation with him.

"Nice lot of ducks you have there," I said.

"Yah," he replied.

"Where did you get them?" I asked.

"Down py de inlet up de creeks," he said.

"I suppose you shot them on the wing," I ventured, remembering the trick of the pot hunters.

"Yah," he replied solemnly, 'on de wing, und in de feet, und in de head, eberywhere. Dere dey are. You can examine dem und see for yourself.'"

BUILT RIGHT.

Brain and Nerves Restored by Grape-Nuts Food.

The number of persons whose ailments were such that no other food could be retained at all, is large and reports are on the increase.

"For 12 years I suffered from dyspepsia, finding no food that did not distress me," writes a Wis. lady. "I was reduced from 145 to 90 lbs., gradually growing weaker until I could leave my bed only a short while at a time, and became unable to speak aloud.

"Three years ago I was attracted by an article on Grape-Nuts and decided to try it.

"My stomach was so weak I could not take cream, but I used Grape-Nuts with milk and lime water. It helped me from the first, building up my system in a manner most astonishing to the friends who had thought my recovery impossible.

"Soon I was able to take Grape-Nuts and cream for breakfast, and lunch at night, with an egg and Grape-Nuts for dinner.

"I am now able to eat fruit, meat and nearly all vegetables for dinner, but fondly continue Grape-Nuts for breakfast and supper.

"At the time of beginning Grape-Nuts I could scarcely speak a sentence without changing words around or 'talking crooked' in some way, but my brain and nerves have become so strengthened that I no longer have that trouble." "There's a Reason." Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs.

HOW TO TEST LINSEED OIL

There is nothing that will make paint go wrong on the house more quickly than poor oil. It is as bad in its way as adulterations in the white lead. Petroleum oil cheapeners may be detected by placing a drop of the oil on a black painted surface. If one sees the characteristic iridescence or play of colors which kerosene exhibits, it is evidence of adulteration. Corn and fish oil can be detected by the smell.

Adulteration in white lead can best be discovered by the use of a blow-pipe, which National Lead Company will send with instructions free to anyone interested in paint. Address, National Lead Company, Woodbridge Building, New York.

Money to Burn.

The big touring car had just whizzed by with a roar like a gigantic rocket, and Pat and Mike turned to watch it disappear in a cloud of dust. "Them chug wagons must cost a hape av cash," said Mike. "The rich is fairly burnin' money."

"An', be the smell av it," sniffed Pat. "It must be that tainted money we do be hearin' so much about."

\$100 Reward, \$100.

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials.

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Garfield Tea is a natural laxative—it regulates the digestion, purifies the blood, cleanses the system, clears the complexion, brightens the eyes and brings the glow of splendid health!

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It's Pettit's Eye Salve, that gives instant relief to eyes, irritated from dust, heat, sun or wind, 25c. All druggists or Howard Bros., Buffalo, N. Y.

Hugging by another name would be squeezing, just the same.

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The reward of one duty done is the power to fulfill another.—George Eliot.



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AGENTS

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